

Anti-Inflammation Diet

Compose your meals of approximately 40% carbohydrates, 30% protein and 30% healthy fats. Rotate your foods so that you eat 1 food no more than 5 times per week. Plan your meals ahead of time and try to find at least 10 recipes you enjoy. Eat as many organically grown fruits and vegetables as possible since they have 2 to 5 times more nutrients and you will have less exposure to pesticides. There is no restriction on the amount of food you can eat. The foods listed are only examples of foods to eat. Follow this diet for 8 weeks minimum. Most people notice a difference in 4 to 6 weeks.

Steamed vegetables:

- The primary reason for using steamed vegetables is that steaming improves the utilization or the availability of the foods nutrients allowing the body to begin repairing itself. Use minimal raw vegetables except as a salad. Include at least 1 green vegetable per day.
- Eat a variety of any and all vegetables (except tomatoes, potatoes) that you can tolerate. It is best to try and eat mostly the lower carbohydrate (3% or 6%) vegetables. For example:

3% - asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce (red, green, romaine), mustard greens, parsley, radish, spinach, watercress.

6% - string beans, beets, Bok Choy, Brussel sprouts chives, collard greens, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip, zucchini.

15% - artichoke, parsnip, green peas, squash, carrot

20% - yam

- You can add your favorite spices to enhance the flavor of these vegetables.

Fruit:

- Eat only 1 or 2 pieces of fruits except citrus. If possible, it is preferred to eat the fruit baked (like baked apple or pear). Eat the low carbohydrate fruits most often:

3% - cantaloupe, rhubarb, strawberries, melons

6% - apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi

15% - apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate

20+% - banana, figs, prunes

Grains:

- Eat one to two cups of cooked grains per day of those you tolerate, unless you have indications of high insulin levels such as overweight, high blood pressure, high cholesterol, or diabetes.
- Allowed grains include: amaranth, barley, buckwheat, millet, oatmeal, quinoa, basmati, or brown rice, or rye.
- Other grain foods that may be eaten are rice crisps or wasa crackers.

Legumes:

- Eat a variety of any legumes that you are able to tolerate. Soak for 48-72 hours and cook slowly: split peas, lentils, kidney beans, pinto beans, fermented soy (tempeh or miso), mung beans, garbanzo beans, aduki and azuki beans.

Fish:

- Poach, bake, steam or broil deep-sea ocean fish (not farmed): cod, haddock, halibut, mackerel, summer flounder, wild Pacific salmon. No shellfish: shrimp, lobster, crab or clams.

Chicken / Turkey:

- Eat only the meat and not the skin of free-range or organically grown chicken or turkey. Bake, broil or steam in pressure cooker.

Red meat:

- Buffalo, venison, and elk.

Sweeteners:

- Occasionally maple syrup, rice syrup, barley syrup, raw honey or stevia - use ONLY with meals.
- Absolutely no sugar, Nutrasweet, Splenda, or any other artificial sweeteners are allowed.

Seeds and Nuts:

- Grind flax, pumpkin, sesame, or sunflower seeds and add to steamed vegetables, cooked grains, etc. You may also eat nut and seed butters - almond, brazil, cashew, sesame, etc.

Butter / Oils:

- For butter, mix together 1 pound of organic butter and 1 cup of extra virgin olive oil. Whip at room temperature and store in the refrigerator.
- Use extra virgin olive oil for all other situations requiring oil.

Spices:

- Add whatever spices you enjoy to add flavor to your foods.

Drinks:

- A minimum of 6 to 8 glasses of spring, bottled, filtered or reverse-osmosis filtered water every day. Drink ½ your body weight in ounces of water daily. Sip the water; try to drink 1 glass per hour. A few drops of chlorophyll will add a pleasant taste. NO distilled water.
- Small amounts of soy, rice, or oat milk are allowed ONLY on cooked grains or in cooking.

Avoid the following foods for the time being:

all animal milks	all animal cheeses	all corn products
commercial eggs	potatoes - red or white	tomatoes
citrus fruits	all fruit juices	all dried fruit
peanuts / peanut butter	any processed foods	fried foods
red meat - beef and pork	all caffeinated teas, coffee	alcohol
all wheat products including breads, white flour		